

HALIFAX

metro®

NEWS  
WORTH  
SHARING.

## LUCK, PLUCK AND HOCKEY PUCKS

IT TAKES THESE THREE INGREDIENTS TO MAKE IT TO THE PLAYOFFS. GET READY FOR THE BIG SHOWDOWN WITH A PREVIEW OF THE CONTENDERS **PAGES 21-22**

## DROWNING IN DEBT?



we can help.

wbli

INSOLVENCY  
CONSULTANTS

902 482 2000 • www.wbli-bankruptcy.ca

## Life is like a vacuum cleaner ...

Campaign looks to de-stigmatize mental-health issues and relieve anxiety through collective postcard art **PAGE 3**

## NBA's first openly gay active player

President, players show support for free agent's coming out **PAGE 8**



## OVER THE BOARDWALK

Brendon Webbink, a construction worker, helps get the Halifax waterfront ready for the upcoming tourism season by guiding a section of a boardwalk into place Monday afternoon. Tens of thousands of people descend on the waterfront during the warmer months. **EMILY KITAGAWA/FOR METRO**

# Pogue Fado taps out, for good

**Last call.** Sudden closure leaves staff, bar-goers dismayed

CLARK JANG

halifax@metronews.ca

Another popular Halifax bar is closing its doors.

Pogue Fado broke the news Monday night with a Facebook status update.

"A long and careful evaluation of our position indicates to us, like it has to others in our industry, that moving forward given the current business environment downtown simply doesn't make sense," reads the update.

The bar, which opened in 2002, will stop operating immediately.

It's the third downtown Halifax bar to announce its closure in April, joining the Palace and G Lounge.

Employees, some of whom were disgruntled, picked up belongings from the bar Mon-

day night. Some said they found out the bar was closing over Facebook and email.

A former manager, who did not give his name, said because of the bar is closing he now needs to leave the province with his family to find work.



Pogue Fado CLARK JANG/FOR METRO

"Not having a job isn't going to pay my rent," said another employee, who did not give his name.

By 10 p.m. Monday, several hours after the Facebook post, the update was shared more than 600 times.

Customers were quick to lament the loss of the Irish pub.

"Darn. That place was a blast. Now Barrington won't be the same," Luke Acker posted on Facebook.

"I just died a little inside," commented Nina Frampton.

When told Pogue was closing, Ian Gass, the owner of Willy's on Blowers Street, said he was surprised.

"It's rough. It's not good to see businesses close, especially small independents," he said.

Gass said the Pogue crowd was part of Willy's midnight-to-4-a.m. rush, coinciding with last call for downtown bars.

He said the string of bar closures hasn't affected Willy's. Yet.

"I think people still go out regardless. I don't know if the capacity for downtown is going to drop," said Gass. "It hasn't hurt us yet, but hopefully it won't."

The five owners of Pogue — named in the post as Jim, Pat, Richard, Gary, Rod — concluded their post with a thank you to their loyal customers.



# Get more Brunello for your buck.

Check out Brunello's affordable golf lifestyle, 15 minutes from downtown.

Active listings online! Exit # 3 off the 103. Display Centre open weekends, 1 until 5.

A SENSE OF PLACE



Brunello Estates

brunelloestates.com



porter  
flying refined

## Sale ends tonight at midnight, so trim your savings fast!

Porter's big sale gives you great prices for all our destinations. But it's so good that it only lasts until midnight tonight. Book now to dig up a fun, affordable getaway.



Flights from Halifax: Book by April 30, 2013. Travel by September 3, 2013. Advance purchase of up to 14 days is required. Fares may not be available throughout the entire travel period. One-way fares include all taxes, surcharges and mandatory fees. Fares starting from:

| MONTRÉAL<br>3 x daily   | OTTAWA<br>5 x daily     | TORONTO<br>6 x daily    | ST. JOHN'S<br>3 x daily | SAULT STE. MARIE        | SUDBURY                 | TIMMINS                 | THUNDER BAY             | WINDSOR                 |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| <b>\$183</b>            | <b>\$183</b>            | <b>\$195</b>            | <b>\$137</b>            | <b>\$274</b>            | <b>\$269</b>            | <b>\$269</b>            | <b>\$274</b>            | <b>\$269</b>            |
| Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees | Includes all taxes/fees |

Book online or contact your travel agent.

flyporter.com

porter  
*Escapes*

Limited availability. Vacation packages from Halifax. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees.\*\*

★★★★  
**\$516**

**TORONTO**  
Westin Harbour Castle  
Traditional Room  
Dept. May 28 ; 2 nights

★★★★  
**\$660**

**WASHINGTON DC**  
Liaison Capitol Hill  
Deluxe Room  
Dept. June 28, 29 ; 2 nights

Fly to and from Washington Dulles.

★★★★  
**\$569**

**MONTRÉAL**  
InterContinental Montréal  
King Deluxe Room  
Dept. May 22,  
June 18 ; 2 nights

★★★  
**\$519**

**OTTAWA**  
Hotel Indigo  
Standard Room  
Dept. June 3, 4 ; 2 nights

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

\* Book by 11:59 pm Eastern Time April 30, 2013. Travel by September 3, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available throughout the entire travel period. Discount applies only to the base airfare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

\*\* All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Airport. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.





# 'We don't want people to have to be silent anymore'

**Post Stigma.** Art project aims to promote self-expression for people living with mental illness



**HALEY RYAN**  
haley.ryan@metronews.ca

Leeanne Smith remembers everything about the day she was called "crazy" in an eye-glasses store, the clerk slowly twirling his finger beside his head.

Smith said it's tame as discrimination stories go, but until then she had hoped her illness was "invisible," so it was heartbreaking.

"I started to realize that stigma was woven into everyday life, but for some reason people were afraid to talk about it," Smith said on Monday during the launch of Post Stigma, an art project created to open up a dialogue about

mental health.

Post Stigma was created by Smith and members of Laing House, a peer-supported organization for young people living with mental illness. It was inspired by the popular PostSecret campaign.

"Life is like a vacuum cleaner. It sucks," reads one postcard in green ink. Another shows pink yarn, and the words: "Slowly knitting myself together with help and support."

Another says, simply, "Hope lies in a stigma free world."

Katherine Taylor, graphic designer with Post Stigma, said there's "something great" that happens when you create art and can release your anxiety into the world without fear of repercussions.

"We don't want people to have to be silent anymore. That's the biggest shame. We don't want you to have to hide the fact that you're suffering ... we want you to



Post Stigma members, from left, Shyanna White, Leeanne Smith, Katherine Taylor and Nicholas Pylypczuk want to get people to open up and communicate about mental illness through art. **HALEY RYAN/METRO**

be able to speak out," Taylor said. "Not everyone's good at verbalizing their feelings, so

sometimes art is a good way for people to start."

"Hopefully, in doing that,

people will be able to maybe express themselves without fear someday."

## No answers for murdered mom's kids



Alicia Shay-Riley, left, with her mother, Angela Hall **FACEBOOK.COM**

The son and daughter of a woman murdered in Dartmouth two years ago say it's "very hard" to live without their mother, and they're frustrated by a lack of information from police investigators.

Angela Patricia Hall was found lying injured in a hallway of her Primrose Street apartment building on April 29, 2011. The 38-year-old died in hospital soon afterward.

Hall's daughter, Alicia Shay-Riley, said she had reconnected

with her mother just a few years before her death.

"The hardest thing is that I can't just call her up now," Shay-Riley said in a text message. "When I had a hard day, I'd call her and she would know what to say to make me laugh."

Shay-Riley said Hall had gone through some tough times, but settled down when she learned she was to be a grandmother. "She was trying to be the best nana she could be. That made us very close,"

Shay-Riley said.

There have been no arrests in the case. Shay-Riley and her brother say they haven't received any updates from investigators for almost two years.

"That's the biggest thing, not knowing, and no answers," said Hall's son, Mitch Shay, 23. "I don't even know if the police are still working on it."

Police say they're still investigating and want anyone with information to come forward.

"In these more complex in-

vestigations, sometimes even a tiny bit of information is what makes the case," said Halifax Regional Police Const. Pierre Bourdages. He said investigators do provide updates to a family member who was identified as the point of contact for police.

Hall was also survived by her mother, a brother and sister, whom Shay and Shay-Riley said they are not in regular contact with.

**RUTH DAVENPORT/METRO**

Plan to enjoy your new backyard... more.

Turn-Key Home Packages starting from **\$349,900**

**PERRY POND**

Country living nearby all amenities.

Nestled between Hammonds Plains Road and Pockwock Road featuring large, acre-plus country-style homesites and designated parkland, close to schools and less than 10 km from Bedford.

**Armco COMMUNITIES**

**DESTINY HOMES**

**SKYMARK HOMES**

902.422.1402  
[www.perrypond.com](http://www.perrypond.com)

1 NEWS



# Now you'll know if you're a power saver or guzzler

**Pilot project.** Report delivered to homes will let thousands compare their energy usage with their neighbours'

If you knew you were using 43 per cent more energy than your neighbours, would it motivate you to cut your consumption?

That's the aim of a new report led by Efficiency Nova Scotia, a non-profit organization dedicated to better use of energy.

The Home Energy Report will compare Nova Scotians' home-energy usage to 100 neighbours in the area where they live. The pilot report will arrive in the mail for 90,000 people starting next week.

Hugh Fraser, who delivered a presentation Monday to reporters, said he's "pumped."

"Behaviour is the cheapest thing to change, but it's also the hardest thing to change," he said.

The bimonthly report, created by American company Opower, uses a mix of positive peer pressure and neighbourly competition to encourage energy users to adopt more efficient behaviour. The report uses colourful graphs to illustrate a home's energy usage in



Nova Scotia Power's Tufts Cove. METRO FILE

## Yearly cost

# \$1.5M

The annual cost of the Home Energy Report pilot that is set to last three years.

## Provincial funding

# \$500K

The amount the province is contributing to the \$1.5-million project, with \$1 million coming from electricity bills.

comparison to residences of similar age, size and heating habits. It also shows how consumption changes over time and gives tips for reducing consumption, from turning

off the lights to conducting a home-energy assessment.

But don't worry — the report won't release names, addresses or how much other homes spend on power bills.

Donald Dodge, a program manager at Efficiency Nova Scotia, told reporters his first Home Energy Report was horrifying.

"To see my report that I did badly compared to 100 of my neighbours was an eye-opener and an opportunity to do better," he said.

Dodge said the peer-pressure factor motivated him to discuss his Home Energy Report with his family.

"When I looked at it I was quite shocked. I thought I would've been at least the median."

CLARK JANG/FOR METRO

## Access

### Bowater Mersey lands open to cars

Thirteen gates have been opened to allow vehicle access to 1,700 kilometres of forestry land previously owned by Bowater Mersey.

The provincial government says lakes, streams and woods in the area have always been accessible on foot or by paddling. Ecologically sensitive areas remain off-limits for vehicles.

The province bought more than 220,000 hectares of forest land in December. **THE CANADIAN PRESS**

## Autopsy

An autopsy will be performed to determine the man's identity and the cause of death.

The cause of death is undetermined. Police were expected to remain on scene until later Monday night. **METRO**

## Antigonish. Police on the case after finding man's body

The body of a man was discovered in the Antigonish area by RCMP on Monday.

Police are investigating after the body was found on the Angus MacQuarrie Road in Lower South River around the noon hour.

RCMP are being assisted by the Northeast Nova Major Crimes unit, the Forensic Identification Section and the Medical Examiner's Office.



Landen Watts tosses stones into the water at Point Pleasant Park on Monday afternoon with his younger sister Brianna and his mother Kayla. EMILY KITAGAWA/FOR METRO

# Spring has sprung and people are rejoicing

Now that warm weather and sunny skies have broken Halifax's grey streak, many Haligonians are enjoying the great weather Mother Nature is delivering.

Shyanne Watts, who hung out by the shimmering water with her sister, niece and nephew at Point Pleasant Park on Monday afternoon, was more than pleased with an afternoon temperature that reached 15 C.

"Just enjoying the day; beautiful day. It's definitely sweater weather, but it's soon enough going to be no sweaters. Beach weather soon," Watts said.

People weren't the only

## Ditch the studded tires

With the snow and ice gone, it's now time to take off those studded tires.

- The RCMP issued a release on Monday reminding motorists that studded tires are not allowed from May 1 to Oct. 14 in Nova Scotia.
- The fine for driving with studded tires after Tuesday is \$141.16.

ones enjoying the great spring weather. Josie, a mini-

ature wire-haired dachshund, fiercely wagged her tiny tail while her owners, Mark and Joy Cochrane, took a break from their walk.

"It's lovely sitting here listening to the waves crash the shore," Mark Cochrane said at Point Pleasant.

There's more good news. Temperatures are expected to remain in the range of 10 to 15 C with mostly sunny skies for the rest of the week.

Meteorologist Bob Robichaud of Environment Canada says temperatures in May will also likely be at or slightly above average, and we may see less rain than usual.

EMILY KITAGAWA/FOR METRO

# THERE'S A REAL ADVANTAGE TO CHOOSING ROGERS.



## FREE PLAN CHANGES

Adjust your smartphone plan at any time, as often as you need, for free.<sup>1</sup>

## UPGRADE ANYTIME

Get the latest smartphone, anytime, when you pay off your remaining balance.<sup>2</sup>

## ROGERS TECHXPERT™

Get access to your own personal support expert whenever you need technical help. Available 24/7 online or by phone.<sup>3</sup>

## DEVICE PROTECTION

Solutions if your device malfunctions or is lost, stolen or damaged. Available with Anti-Theft and Anti-Virus.<sup>4</sup>

## NEW

## PRICE MATCH

Upgrading? Find the same nationally advertised smartphone on the same term and Rogers will match the price. Exclusively for Rogers customers.<sup>5</sup>

GET IT ON CANADA'S FASTEST WIRELESS INTERNET – ROGERS **LTE**<sup>\*</sup>

CALL 1 888 ROGERS1 | [CLICK rogers.com/freedomadvantage](http://CLICK.rogers.com/freedomadvantage) | VISIT your local Rogers retail store



Offer available for a limited time and subject to change without notice. \*Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit [rogers.com/LTE](http://rogers.com/LTE) for coverage. 1 If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. 2 FLEXTAB customers must pay remaining FLEXTAB balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXTAB customers, please call or visit your Rogers store for your applicable remaining balance. A \$35 Hardware Upgrade Administration Fee will also apply. 3 Monthly \$7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit [rogers.com/terms](http://rogers.com/terms) for details. 4 Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit [rogers.com/protection](http://rogers.com/protection) or see brochure in store for details. Visit [rogers.com/phonefinder](http://rogers.com/phonefinder) for phone finder details. 5 Offer only available at participating Rogers branded locations to existing Rogers wireless customers (excluding corporate) with hardware upgrade on a 2 or 3-yr. Rogers plan (new activations and existing customers wishing to add a line excluded). Customer must satisfy hardware upgrade eligibility requirements (e.g. active customer in good standing for min. 1 month prior to upgrade). Price match only applies to competitor's nationally advertised pricing for the same device (including same colour) on the same term. Match applies to device price only. Any applicable plan restrictions to be eligible for Rogers device price must be met. If eligible, customer will be charged the matched price at point of sale wherever possible (upon eligibility verification by Rogers systems). Alternatively, if immediate verification not possible, price difference between Rogers and nationally advertised competitor applied as: (a) a one-time bill credit applied to customer's 2<sup>nd</sup> or 3<sup>rd</sup> invoice; and/or (b) mail-in hardware upgrade rebate. For full details, visit [Rogers.com/freedomadvantage](http://Rogers.com/freedomadvantage). ©2013 Rogers Communications.



# Atlantic premiers call on feds to suspend EI changes

**Hunts Point meeting.** Leaders also urge Ottawa to share all relevant Employment Insurance data

Atlantic Canada's premiers are asking Ottawa to suspend its changes to employment insurance, saying there should be further study of the federal program's new rules because they adversely affect the region's seasonal-based economy.

The premiers, who span the political spectrum, concluded a meeting Monday in Hunts Point where they said the changes implemented in January were made despite a lack of consultation.

Premier Darrell Dexter said the changes have deepened regional disparity at a time when the provinces are trying to work together on a range of

## Process criticized

Liberal Premier Robert Ghiz of Prince Edward Island said while he realizes EI changes have to be made, it shouldn't be done without researching it first.

economic issues.

"Unfortunately, the federal government has taken an off-ramp from co-operation and is creating hardship," Dexter told a news conference.

Newfoundland and Labrador Premier Kathy Dunderdale said fears that the changes would penalize workers have come to fruition.

"What we predicted would happen has happened and requires some kind of reversal or intervention," the Progressive Conservative premier said.

Under some of the new rules, those who frequently

claim EI need to prove they're actively seeking work. Workers must also accept a job within 100 kilometres of their home as long as they are qualified and the pay is at least 70 per cent of their previous salary.

The call to suspend the changes was championed by fellow Tory Premier David Alward of New Brunswick, who asked his Atlantic counterparts for support in the days leading up to their meeting.

Alward said while individual objections by the Atlantic provinces haven't persuaded the federal government to budge from its position, he is optimistic that it's not too late for Ottawa to reverse their stance.

"I'm not in anyway naive enough to think it will be easy," said Alward. "But ... it is that important to the future of our region, our employees and our industries, especially our seasonal industries."

THE CANADIAN PRESS



Newfoundland and Labrador Premier Kathy Dunderdale, flanked by Prince Edward Island Premier Robert Ghiz, left, and Nova Scotia Premier Darrell Dexter, fields a question at the closing news conference as the Atlantic premiers meet at the White Point Beach Resort on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

## Seven charges. Man accused of sexually assaulting, confining boy to stand trial

A Nova Scotia judge has ordered a man accused of sexually assaulting and confining a teenage boy to stand trial.

Provincial court Judge Gregory Lenehan ruled today during a preliminary hearing that David James Leblanc will be tried by a judge and jury.

Leblanc is facing seven charges in relation to the alleged incident last fall in a cabin in Upper Chelsea, about 130 kilometres southwest of Halifax.

Police began their investi-

gation last September after a woman reported that a barefoot boy arrived at her home chained at his wrists and ankles. The RCMP have said they believe the boy was held captive for 10 to 14 days before he was able to escape.

A publication ban was imposed on all evidence presented during the preliminary hearing.

Dates for Leblanc's Supreme Court trial will be set on May 9.

THE CANADIAN PRESS



David James Leblanc  
JEFF HARPER/METRO

## Gottingen Street. Man charged with attempted murder in double stabbing

Halifax Regional Police have charged a 20-year-old man with attempted murder in relation to a stabbing last month in Halifax.

Police say it happened around 2:30 p.m. on March 23 in an apartment in the 2300 block of Gottingen Street.

Two women were inside an apartment, according to police, when a man walked in and stabbed them.

"We don't have a motive

## Arrest

Police arrested Maurice Edward Downey, 20, without incident around 4 p.m. Friday.

behind the stabbing," said Halifax Regional Police Const. Pierre Bourdages.

"The accused is known to the victims, but we don't know what led to the stab-

bing."

The two victims were taken to hospital with non-life-threatening injuries. The assailant fled on foot.

Maurice Edward Downey, 20, was expected in Halifax provincial court on Monday facing two counts of attempted murder, two counts of assault with a weapon and one count of possession of a weapon dangerous to the public peace.

RUTH DAVENPORT/METRO

## Driver had broken jaw

### Charges not recommended in police pursuit

An independent unit that investigates serious incidents involving police in Nova Scotia has determined that no charges should be laid after a high-speed chase and crash that injured a man.

The Serious Incident Response Team says the RCMP officer involved in the chase acted appropriately when he pursued a car that

fled from the scene of a police checkpoint in the Halifax area last Dec. 8.

The car was found a short distance away on its roof.

Its driver, a man in his mid-20s, was taken to hospital with a broken jaw.

The Serious Incident Response Team says the driver reported that his car had been struck by the police cruiser just before the crash.

But the unit says video footage of the accident shows that the two cars never came into contact.

THE CANADIAN PRESS

## Two charged

### Cocaine seized from vehicle, home: Police

Police say a man and woman are facing drug charges following a traffic stop over the weekend.

Police say they pulled over a vehicle on Caledonia Road in Dartmouth on Friday night and a search allegedly found cocaine.

Police allege they then found cocaine, cash and drug paraphernalia in a nearby residence. METRO

## Clerk not injured

### Woman arrested after convenience store robbed

Cape Breton Regional Police arrested a 25-year-old female in connection with an armed robbery at the Big Ben's convenience store Monday morning.

Police responded to a call to 911 just after 10 a.m. that indicated the lone male clerk on duty had been robbed by a woman with a weapon. The clerk was not injured. CAPE BRETON POST

## Separate incidents

### Two Halifax men face break-and-enter charges

Police have charged two Halifax men with two separate break-and-enters in the Fairview area on Saturday.

William Shawn Berigan, 40, and Shawn Sinclair McOnie, 37, face two counts of break-and-enter, two counts of possession of stolen goods and two counts of breach of probation. METRO

## 2009 shooting

### Appeal in murder case rejected

The Nova Scotia Court of Appeal has rejected an appeal by Bernard Hartling, who was charged and sentenced for the murder of Kenneth McNamara with a sawed-off shotgun on Nov. 14, 2009, in Pictou County.

Hartling admitted that he had shot McNamara with a shotgun, but claimed he had brandished the gun in self-defence and the discharge of the gun was an accident. NEW GLASGOW NEWS

# From omnibus to 'minibus'

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny. But the official opposition says the legislation still needs to be chopped up. Here are five things you need to know about the changes.

THE CANADIAN PRESS

## Tories under fire

The Conservatives faced intense criticism over their so-called "omnibus" budget bill last year, which was stuffed with a laundry list of policy measures. The NDP and the Liberals introduced more than 1,000 amendments to register dismay with both the process and the content.



## Shedding about three quarters

Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

## Keeping Canadian jobs for Canadians

After weeks of public outcry over the scarcity of Canadian jobs, changes to the Temporary Foreign Workers program increased the lengths to which employers must go to find Canadian staff before they're allowed to bring in foreign labour.

Employers will no longer have flexibility to set the wages for foreign labour, calling a halt to what was known as the 15 per cent rule, Immigration Minister Jason Kenney told a news conference.

That rule allowed businesses to pay foreign workers up to 15 per cent below median wages, if that's what they were paying Canadians.

The Conservatives are also calling a temporary halt to a program that fast-tracked the ability of some companies to bring in workers from outside Canada through what's known as an accelerated labour market opinion.



## Trimming down the bureaucracy

Flaherty is also warning of more job cuts in the federal public service.

"We have a lot of duplication of government services. And, as you know, we have a plan which has been set out in the last two budgets to reduce the size of our own spending by something less than five per cent," said Flaherty.



## Hold the cuts: Budget officer

At the same time, the parliamentary budget officer's latest report is warning that the government's cuts will act as a drag on both job creation and economic growth.

The report predicted the government will announce an even bigger surplus — \$3.7 billion rather than \$800 million — in the critical 2015-16 year when the Harper government is to face the electorate in a fall vote.



## Bangladesh factory. Loblaw to compensate building collapse victims

The only Canadian retailer to publicly acknowledge it used a manufacturer in a poorly made Bangladeshi building that collapsed and killed hundreds last week said Monday it will pay compensation for the families of victims.

Loblaw Inc. — which had some products for its Joe Fresh clothing line made in one of the garment factories in the building — said it aimed to ensure victims and their families "receive benefits now and in the future."

"We are working to ensure that we will deliver support in the best and most meaningful way possible," company spokeswoman Julija Hunter said.



Loblaw will be compensating families of victims of a collapse at a factory supplying its Joe Fresh products. GRAHAM HUGHES/THE CANADIAN PRESS

At least 382 people died after the illegally constructed eight-storey Rana Plaza collapsed in Savar, Bangladesh, on Wednesday. About 2,500 survivors have been accounted for.

THE CANADIAN PRESS

## Kosovo. Prosecutor calls for law against buying human organs overseas

Ottawa must pass legislation barring Canadians from buying human organs in foreign countries, a Canadian prosecutor who led a landmark case against several traffickers in Kosovo said Monday.

While the commercial trade of human organs is illegal in most countries, there is no law banning Canadians from taking part in so-called transplant tourism, Jonathan Ratel said from Kosovo's capital, Pristina.

"It is not illegal for Canadians to exit their own country and travel abroad to the sub-continent, to Asia, to Africa and to Eastern Europe and purchase organs there on the black market for transplantation and then return home to Canada,"

### Organ trafficking

"Parliament needs to clearly look at legislation banning (Canadians) from ... engaging in what's called transplant tourism."

Canadian prosecutor Jonathan Ratel

he said in a phone interview.

Ratel, who works for the European Union's rule of law mission in Kosovo, brought charges against seven people suspected of running an international organ-trafficking ring that took kidneys from poor donors lured by financial promises. THE CANADIAN PRESS



## Gas blast rocks Prague

A paramedic helps an injured woman after an explosion in downtown Prague, Czech Republic, on Monday. A powerful blast believed to be a gas explosion ripped open an office building in the city centre, injuring at least 35 people and sending shock waves through the Old Town tourist district. PETR DAVID JOSEK/THE ASSOCIATED PRESS

### Growing labour dispute

## Alberta courts plan to run despite striking staff

The Alberta government is trying to slam a legal lid on an illegal strike by jail guards that has already boiled over into the province's court system.

The government went to

court late Monday afternoon to ask a judge to find the Alberta Union of Provincial Employees in contempt of court for defying a Saturday labour board ruling that ordered Edmonton Remand Centre guards back to work.

The government made the move after provincial sheriffs, court clerks and social workers picketed in Edmonton, Calgary and Lethbridge. THE CANADIAN PRESS

### Dismemberment case

## Luka Rocco Magnotta to stand trial in fall 2014

The trial of accused killer Luka Rocco Magnotta will begin in September 2014, more than two years after his arrest in the death of university student Jun Lin. Magnotta appeared

on Monday in a Montreal courtroom, where his jury trial was set for Sept. 15, 2014. It is scheduled to last six to eight weeks.

Defence lawyer Luc Leclair requested an earlier start date and even asked the judge whether April 2014 would be a possibility. Justice Andre Vincent replied that nothing was available before September.

THE CANADIAN PRESS



## Opportunity Knox. But murder re-trial makes memoir's release a risk

Lesbian trysts and suicide, police corruption and murder — it's easy to see why publishers HarperCollins paid \$4 million US for Amanda Knox's memoir from the murder case.

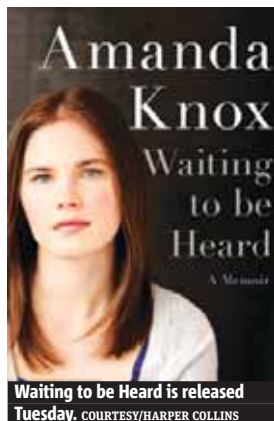
Waiting to be Heard is being released Tuesday, along with Knox's first TV interview, five and a half years after the murder of British student Meredith Kercher for which she was convicted, and then acquitted. But the plans have been rocked by a pending re-trial for her and alleged accomplice, ex-boyfriend Raffaele Sollecito, after the Italian Supreme Court overturned their acquittal.

Although HarperCollins denies that there are "legal problems" for the book, it may provide ammunition for prosecutors.

"Possibly we can find a new element for the trial from the book," Kercher family lawyer Francesco Maresca told Metro.

The victim's family are disgusted that Knox will become a millionaire from the story of Meredith's death, having criticized her acquittal.

"They believe it is injus-



Waiting to be Heard is released Tuesday. COURTESY/HARPER COLLINS

tice to make so much money from a murder," Maresca said.

Advanced sales for the book have been slower than expected, but if Knox performs well on her TV interview with ABC's Diane Sawyer it could dramatically improve her prospects. "It could be the springboard for her to become a TV personality and people will forget why she became famous," crisis management PR specialist Glenn Selig told Metro.

KIERON MONKS/METRO WORLD NEWS

## Canada-wide warrant. Toronto couple wanted in kidnapping, jewelry scam

Police say a couple wanted in a Toronto kidnapping scammed several people out of money and jewelry in recent months and may have committed offences from Montreal to Vancouver.

Det. Sgt. Savas Kyriacou says a man and woman have been linked to at least nine incidents in Toronto between May and October of last year, and another earlier this month.

He says the couple typically approaches its target by claiming an illness or asking for directions to a hospital, then offers a fake gold necklace as a reward for assistance.

Kyriacou says one of the suspects then tries to place the necklace around the victim's neck and uses the opportunity to steal real gold jewelry the person is wearing.

In the most recent incident, police allege the suspects pressured a 68-year-old woman into buying a fake gold necklace, then followed her home and intimidated her into giving them more

### Suspects

A Canada-wide warrant is being sought for Constantine Caldararu and his wife Elisa, both 34.

- The husband is described as white, six feet two inches tall, 350 pounds, with black hair, brown eyes and several tattoos.
- The wife is described as five feet eight inches tall, 250 pounds, with black hair and brown eyes.

money.

Police say the suspects then drove her to a bank to withdraw more cash, which they took — an incident police are calling a kidnapping.

They say the couple drove a rental car between Vancouver and Montreal and may have committed other offences in that time.

THE CANADIAN PRESS

# NBA's Jason Collins: 'I'm black. And I'm gay'

**Support from players.** Kobe Bryant tweeted, 'Don't suffocate who u r because of the ignorance of others'

With the simplest of sentences, NBA veteran Jason Collins set aside years of worry and silence to become the first active player in one of four major U.S. professional sports leagues to come out as gay.

In a first-person article posted Monday on Sports Illustrated's website, Collins

### Quoted

"We view that as another example of the progress that has been made and the evolution that has been taking place in this country."

White House spokesman Jay Carney. He called Collins' decision courageous, and says the White House supports him

begins: "I'm a 34-year-old NBA centre. I'm black. And I'm gay."

Collins has played for six teams in 12 seasons, most recently as a reserve with the Washington Wizards after a midseason trade from the Boston Celtics. He is now a free agent and wants to keep playing in the NBA.

"If I had my way, someone else would have already done this," he writes. "Nobody has, which is why I'm raising my hand."

Saying he had "endured years of misery and gone to enormous lengths to live a lie," Collins immediately drew support for his announcement from the White House, former U.S. president Bill Clinton, the NBA, current and former teammates, and athletes in other sports.

Collins played in a Final Four for Stanford and reached two NBA Finals. His twin brother, Jarron, was also a longtime NBA centre. Collins says he told his brother he was gay last summer.

THE ASSOCIATED PRESS



Jason Collins is the first active male player in the four major American professional sports to come out as gay. BRUCE BENNETT/GETTY IMAGES FILE

## Soldier pleads guilty to desertion

An American soldier who fled to Canada to avoid a second tour of duty in Iraq has been sentenced to 10 months in prison.

Kimberly Rivera pleaded guilty Monday in Colorado to desertion and was sentenced to the prison term and a bad-conduct discharge. The 30-year-old has said she became disillusioned with the U.S. mission in Iraq while serving there in 2006.

During a two-week leave in the U.S. in 2007, Rivera

crossed the Canadian border after she was ordered to serve another tour in Iraq.

She applied for permanent residency, but Canadian immigration officials ordered her to leave the country or face deportation. Rivera, now a mother of four, turned herself over to the United States in September last year.

She was arrested, detained and transferred to U.S. military custody as soon as she crossed the border.

THE ASSOCIATED PRESS



United States Iraq war resister Kimberly Rivera speaks at a press conference in Toronto last summer. AARON VINCENT ELKAIM/THE CANADIAN PRESS

### Women in locker room

#### Cherry's views are his own: CBC

Don Cherry isn't speaking for the CBC when he says women have no place in sports locker-rooms, the head of media relations said. But Chuck Thompson says CBC has no plans to discipline him.

Thompson was reacting to flak over Cherry's comments Saturday on Hockey Night in Canada.

THE CANADIAN PRESS

### Social media report

#### 70% admit being regular users

One in three Canadians says not a single day goes by without checking into their social media feeds.

And almost seven in 10 said they were regular social media users, logging on at least once a month, according to social networking statistics compiled in a report by the Media Technology Monitor. THE CANADIAN PRESS

### Used donor sperm

#### Mother forced daughter, 14, to get pregnant

A woman desperate for another child forced her 14-year-old daughter to get pregnant using syringes of donor sperm, a British judge said.

In a ruling a High Court judge said the mother had behaved in "a wicked and selfish way."

THE ASSOCIATED PRESS

### Southern India

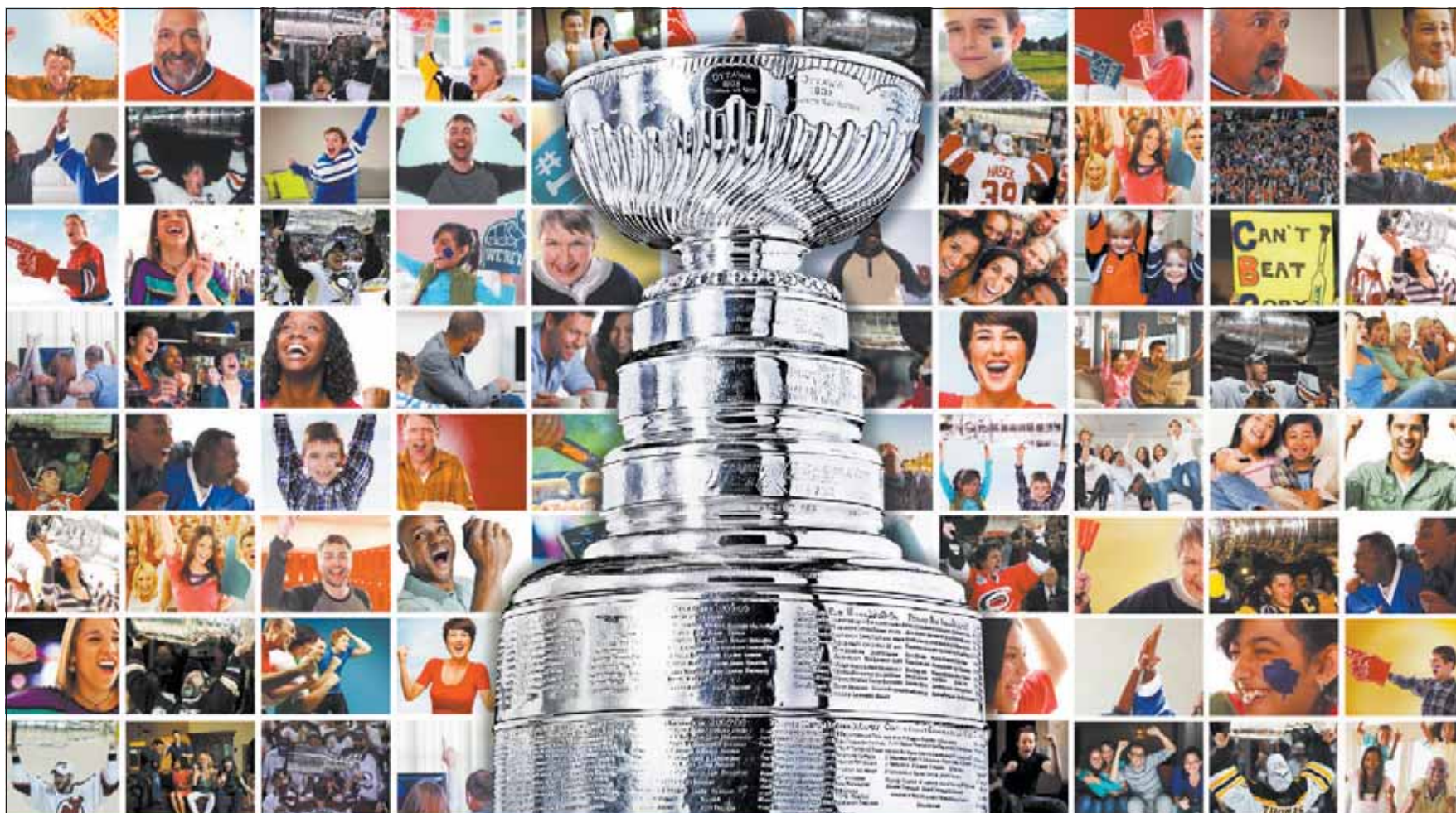
#### Man charged for letting 9-year-old son drive Ferrari

Charges have been filed against a man who allowed his nine-year-old son to drive his Ferrari, police in the southern Indian state of Kerala said Monday.

The father was charged with endangering the life of a child and allowing a minor to drive, said police.

THE ASSOCIATED PRESS





# IT'S TIME TO SHOW YOUR TRUE COLOURS



## STANLEY CUP® PLAYOFFS BEGIN

### TONIGHT

*SCOTIABANK HOCKEY TONIGHT* 8:30 PM  
**MINNESOTA vs CHICAGO** 9 PM  
 LOS ANGELES vs ST. LOUIS 9 PM\*

### TOMORROW

*SCOTIABANK HOCKEY TONIGHT* 7:30 PM  
**TORONTO vs BOSTON** 8 PM

### THURSDAY

*SCOTIABANK HOCKEY TONIGHT* 7:30 PM  
**OTTAWA vs MONTREAL** 8 PM  
 LOS ANGELES vs ST. LOUIS 10:30 PM

\*All games available for online streaming.

For the complete broadcast schedule and more, visit [cbcsports.ca](http://cbcsports.ca)



@hockeynight

#hockeynight

#stanleycup



CBC



## New York City

World Trade Center  
to get last pieces of  
spire installed

One World Trade Center, the skyscraper that replaces the fallen twin towers in New York City, is about to receive the last pieces of its crowning spire, a 124-metre structure built in part in Canada. **THE ASSOCIATED PRESS**



The top of One World Trade Center is shown under construction on April 26. **THE ASSOCIATED PRESS**

## Montreal

BMO to open tiny  
bank branches

The Bank of Montreal is launching a plan to open tiny bank branches that will be staffed by just a handful of employees.

Chief executive William Downe says the bank is opening what it calls a "studio" branch next week in a Montreal condo build-

ing. The 900-square foot location will have just four employees. Downe says the branch is integrated into the condo development.

BMO has test-marketed the "studio" branch model in Quebec with the intention of extending it right across its footprint, Downe told a Canadian Club luncheon. He says the bank has to connect with customers where they live.

**THE CANADIAN PRESS**

## Market Minute



DOLLAR  
98.85¢  
(+0.51¢)



TSX  
12,312.67 (+92.47)



OIL  
\$94.50 US (+\$1.50)



GOLD  
\$1,467.40 US (+\$13.80)

Natural gas: \$4.38 US (+23¢)  
Dow Jones: 14,818.75 (+106.20)

# CBC exec is Twitter-bound

**#careermove.** Kirstine Stewart to be managing director of Canada at microblogging service

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years.

The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

Stewart says she's had some



Kirstine Stewart **THE CANADIAN PRESS FILE**

## Now hiring

- Twitter Canada is also looking to hire an Account Executive and an Account Manager. For details, check out [twitter.com/jobs/positions](http://twitter.com/jobs/positions).

of the happiest moments of her life at the CBC and has been "honoured to represent such an important name to Canadians."

**THE CANADIAN PRESS**



## Abuzz about EU bee protections

Protesters dressed as bees gather on Parliament Square on April 26 in London, England. On Monday, the European Union announced plans to restrict the use of three pesticides to better protect dwindling bee populations. The move was cheered by environmentalists, questioned by chemical companies and came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict three neonicotinoid pesticides on plants and cereals that attract bees. Beekeepers have reported an unusual decline in bees over the past decade, particularly in Western Europe, according to the European Food Safety Authority. It says bees are critically important to the environment, sustaining biodiversity by providing pollination for a wide range of crops and wild plants — including most of the food crops in Europe. **DAN KITWOOD/GETTY IMAGES**

## Social media

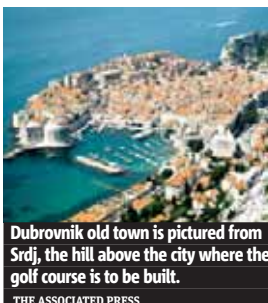
## Mexicans fed up with string-pulling

A Mexican official's daughter has caused a scandal by sending inspectors to shut an eatery that didn't give her the table she wanted.

Many people say string-pulling and influence-wielding are all too common in Mexico, where arguments with politicians' relatives often end with the threatening phrase, "You don't know who you're messing with." The difference now is that with social media, such incidents go viral and force immediate reaction.

"As a society, we are fed up with, disgusted with this," said writer Guadalupe Loaeza. "This is an attitude of the past; it doesn't fit with the times."

**THE ASSOCIATED PRESS**



Dubrovnik old town is pictured from Srđ, the hill above the city where the golf course is to be built. **THE ASSOCIATED PRESS**

## Dubrovnik. Referendum fails to stop golf complex

A landmark referendum held in Croatia has failed to derail plans for the construction of a large golf complex that could change the face of the ancient walled tourist resort of Dubrovnik.

Officials said Monday the referendum failed because only 31 per cent of Dubrovnik voters cast their ballots Sunday. The official requirement for the vote to be valid is at least a 50-per-cent turnout.

The result meant that the \$1.46-billion golf course designed by Australian golfing legend Greg Norman — which includes villas, hotels, tennis courts, a horse-riding club and restaurants — will be built on the rocky Srđ hill above the historic town.

"Golf will be played on Srđ after all," said Maja Frenkel, the

head of Razvoj Golf, the main Israeli investor group behind the project.

The referendum was only the third such vote in Croatia since 1991, when it voted to secede from Yugoslavia. It voted last year to join the European Union. **THE ASSOCIATED PRESS**

# Economist advocates family income-splitting with a twist

## Campaign promise

- The Conservatives pitched the family income-splitting idea in the last federal election campaign, saying they'd allow individuals to transfer up to \$50,000 to a spouse as long as they had at least one dependent child under 18.
- However, since the measure would cost billions every year in foregone tax revenue, the Conservatives said they would not implement the measures until the federal deficit was eliminated.

A controversial federal policy that would allow families to split their incomes for tax purposes would make a lot of sense, as long as it is accompanied by other measures so that the benefits would be shared by all kinds of families, says University of Calgary economist Jack Mintz.

In a research paper, Mintz and doctoral student Matt Krzepkowski argue that the current tax system is unfair because it penalizes single-earner families.

"Given that Canada's income system aims to treat people in similar circumstances as equally as possible, it is certainly time to let couples split their income so they do not face a penalty

in higher tax rates than those faced by couples bringing home the same amount of total pay," they write.

But they say the tax reform should also recognize that single-earner families have some advantages that dual-earners do not, such as more unpaid time spent rais-

ing children and taking care of the home.

The research paper raised eyebrows even before it was published Monday, mainly because it was being showcased on Parliament Hill by the socially conservative Institute for Marriage and Family Canada. **THE CANADIAN PRESS**



# VOCAL FRYING WITH THE KARDASHIANS

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual, breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

Researchers at University College London recently conducted a study on human vocal attractiveness in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep, low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctively favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to Valley Girl up talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low gravelly sound.

This so-called "creaky voice" has been popularized by young female celebrities such as Zooey Deschanel and Britney Spears and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long, drawn-out words at the ends of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her guttural vibrato, and perhaps her low-pitched rattling voice has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most but how you say it.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### When being a crybaby pays off



SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

#### No babies were harmed in the making of this contest

It's a sound that fills most parents with dread, but at the annual Naki Sumo — crying-baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring the children to the event, where sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.



If both babies cry, the loudest wail wins.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

#### Keeping bad spirits at bay

Participating parents believe the sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits.

EXPRESS.CO.UK

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face-to-face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

#### Themoth.org:

Arguably one of the longest-running story telling events, The Moth has been hosting "story slams" since 1997. Though it started in N.Y.C., it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune in wearing PJs, the podcast gives you the best of both worlds.

@TheMoth

#### Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on

their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: no notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

#### StoryCorps.org

One of the biggest oral-history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site.

@StoryCorps

#### Comments

**RE: Prof wants to test benefits of nose-picking, published April 24**

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.

Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...

James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...

George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. NO\_MAS\_BS, posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Halifax Philip Croucher • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Regional Sales Director, Metro Eastern Canada Dianne Curran • Distribution Manager April Doucette • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • Telephone: 902-444-4444 • Fax: 902-422-5610 • Advertising: 902-421-5824 • [adinfohalifax@metronews.ca](mailto:adinfohalifax@metronews.ca) • Distribution: [halifax\\_distribution@metronews.ca](mailto:halifax_distribution@metronews.ca) • News tips: [halifax@metronews.ca](mailto:halifax@metronews.ca) • Letters to the Editor: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



## DVD reviews



## Silver Linings Playbook

Director. David O. Russell

Stars. Bradley Cooper, Jennifer Lawrence, Robert De Niro

★★★★

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

## Authentic LL Cool J

**New album.** On the heels of *Accidental Racist*, veteran rapper talks charts, controversy and always trying to prove himself

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial *Accidental Racist* collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined *Accidental Racist* is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" The 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

**The album features collaborations with artists across all genres — you've**



LL Cool J says *Accidental Racist*, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

**got Eddie Van Halen, Bootsie Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?**

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't want to make an album that

was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

**Your song with Brad Paisley, *Accidental Racist*, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?**

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think

people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful.

THE CANADIAN PRESS

**101.3 THE BOUNCE** **15 minutes of fame!**

Call 420-1013 weeknights to co-host the interactive NINE@9 with Ruby!

**Discovered this week:**

- ★ Jameson from Porters Lake
- ★ Jordan from Halifax
- ★ Kayleigh from Porters Lake

**Interactive NINE@9**

1013TheBOUNCE.com | info@1013thebounce.com

**IT MAY BE FREE BUT IT'S NOT CHEAP**

|                                       |           |
|---------------------------------------|-----------|
| AORTIC ANEURYSM STENT                 | \$22,300  |
| ARRHYTHMIA SURGERY                    | \$13,000  |
| BLOCKED ARTERY SURGERY                | \$40,954  |
| VENTRICULAR ASSIST DEVICE             | \$150,000 |
| HEART TRANSPLANT                      | \$157,000 |
| ARRHYTHMIA ABLATION                   | \$28,712  |
| AORTIC VALVE REPLACEMENT PERCUTANEOUS | \$38,000  |

**heart CENTRE**

WHAT'S YOUR HEART WORTH TO YOU?  
themhc.ca



# Dreams can come true for background singers

**Devotion.** After cheering on success of friends Adele and Florence Welch, Jessie Ware realized her own musical dreams

When Jessie Ware worked as a journalist, she watched friends like Adele and Florence Welch rise to the top of the music charts. But Ware was happy for their success, though she'd lost track of her own dream of recording music.

"I just forgot about it," the 28-year-old said. "They were all doing it. And I was like, 'Good for them 'cause they are doing it and they are great' ... and I just didn't think I could do that. I didn't think I had the guts or the talent to do it."

Then singer-songwriter Jack Penate, a friend of Ware's, invited her to sing background for a radio session.

"I took the day off work, went and had so much fun,"

she recalled.

She began singing background at various festivals, on a tour in Europe and then a tour in the U.S.

"I had to quit my job because I had no holiday left," said Ware, who had been working at a television production company.

Ware said she's confident now, and has a career as a singer to thank for that. She released her debut, *Devotion*, last August. "It's a bit of everything," she explained of her sound. "I got kind of greedy and I tried to put everything in there from folk to pop to soul, hip hop."

Those who have influenced her included Billie Holiday, Dusty Springfield, Lauryn Hill and Missy Elliott, and Ware is part of a growing downbeat, electronic soul movement that includes acts like Rhye and Quadron, who were cheered on by Ware at a recent showcase in New York.

Ware met Adele through Penate and went to high school with Welch of Flor-

## Superstar

**"I definitely feel like Ashanti. I feel like Aaliyah."**

Jessie Ware, on having 'hottest rapper' ASAP Rocky appear on her album

ence + the Machine, who has been checking in on her friend.

"She's been texting me like, 'How are you? Where are you in the world?'" Ware said. "She's been really good to me."

Ware wrapped up a short U.S. tour last month and performed both weekends at the Coachella music festival. She called the U.S. audience "warm."

"I remember we started our run in January in Boston. First night I got flowers, I got roses," she said. "I got gay men voguing at the front. It was great. Guys singing to me like, 'Girl!'"

Ware is getting a boost in the U.S., thanks to her collaboration with rapper ASAP Rocky, who appears on the remix to her song



Jessie Ware performs during the Coachella Valley Music & Arts Festival at the Empire Polo Club on April 14 in Indio, California. KARL WALTER/GETTY IMAGES

Wildest Moments.

"For me, a white girl from South London, to have

the hottest rapper on my album, dreams can come true," she said. "I definitely

feel like Ashanti. I feel like Aaliyah."

THE ASSOCIATED PRESS

**Neptune Theatre**  
GEORGE POTHITOS artistic director

**EIGHTEEN**

WRITTEN AND DIRECTED BY MICHAEL MELSKI  
COPRODUCED BY NEPTUNE THEATRE AND EASTERN FRONT THEATRE

**EFT**  
Artistic Producer Charlie Rhindress

Bell Aliant  
**PAY WHAT YOU CAN TONIGHT! 7:30pm**

NEPTUNETHEATRE.COM APR 30 to MAY 12

The Berkeley  
GOLF CENTRAL  
Scotiabank®  
AVIS  
metro

**Master Plan**

Step 1  
Win gemstone ring.

Step 2  
Surprise mom with best Mother's Day gift ever.

Step 3  
Get a puppy for my birthday.

**Make it a Mother's Day you'll all remember.**  
Win a custom gemstone ring courtesy of Charm Diamond Centres. Just fill out this ballot and bring it to Customer Service at Bedford Place Mall.

Name \_\_\_\_\_ Postal Code \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

**Bedford Place Mall**

f /BedfordPlaceMall @BedfordMall bedfordplacemall.com



## Twitter



@MARLONWAYANS

I feel bad for every chick over 25 in a club ..... Get out of there!!!

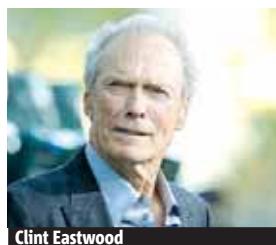


@MissKellyO

If there was an award for a twitter member with the worst spelling/typos i would win it!

## Ring-less Eastwood adds fuel to marriage woe gossip

Clint Eastwood's latest fashion choice hasn't helped quell rumours that he and wife Dina are on the outs. The 82-year-old actor and director has been spotted around Los Angeles recently without his wedding ring, according to Radar Online. He also went ring-less when he took 16-year-old



Clint Eastwood

daughter Morgan to the Coachella music festival two weeks ago. The couple hasn't been photographed together since November 2011, and Dina has reportedly checked herself into a treatment facility because of depression and anxiety brought on by their marital troubles.



Johnny Depp. ALL PHOTOS GETTY

## Are Depp and Rum Diary co-star Heard back on?

It looks like Johnny Depp and his Rum Diary co-star Amber Heard are back together, as the rumoured couple was spotted hand-in-hand at the Rolling Stones' surprise concert at a small Los Angeles club over the weekend, ac-

cording to E! News. Depp and Heard were rumoured to be dating shortly after Depp's split with his girlfriend of 14 years, Vanessa Paradis, though reps for both parties have refused to comment on the relationship.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager, Benny Medina, approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and

J.Lo — at this time. She's looking for possible schools for the kids in Los Angeles at the moment." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.

## Tink Domestic Short Hair

Tink is approximately 5 years old and was found stray in Dartmouth. Although she takes her time getting used to new faces, she has a playful side and it is obvious she likes people; it's just that her preference is to warm up slowly. She's the kind of feline who likes making the first move. We believe Tink would thrive in a quieter home. She has a lot of love to give and we've observed how sweet and interactive she can be once she gets to know someone. Please drop by the shelter and ask to be introduced...



For more information on Tink and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

## BROUGHT TO YOU BY:



5686 Spring Garden Rd. 490-9900  
278 Lacewood Dr. 431-8665  
96 Tacoma Dr. 435-9748  
75 Peakview Way 835-3224  
961 Bedford Hwy. 406-4470  
752 Sackville Dr. 869-9050  
Fall River 860-1772



Miley Cyrus

## Cyrus happy to be tight lipped and engaged

Despite rumours of trouble between them, Miley Cyrus says being engaged to Liam Hemsworth feels like the most natural thing in the world — but she wants to keep it to herself, according to Elle UK. "It just seems right to be wearing this ring and to be committed. But we keep our relationship low-key and don't talk about it anymore." Not talking about things as much seems to be a new guiding principle for Cyrus, who has scaled back on the personal nature of her Twitter output. "We were too nice to the world and gave them too much insight and I just don't feel like they get that privilege anymore," she says.

METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA



# How yoga can help your run



Use your yoga to make you a more complete runner. HANDOUT PHOTO

**Fitness.** Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA  
McGUINNESS  
life@metronews.ca

## This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

## Learning to let go of your ego and toes

Yoga is about respecting the



body and not being too ego-tistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing, suppleness through the foot," says Denham-Jones.

## TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

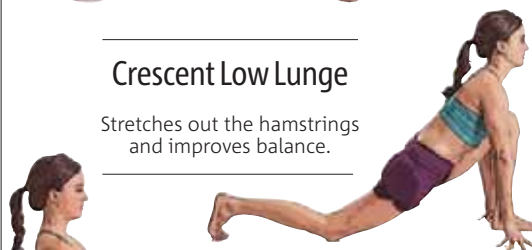
### Single Pigeon

Helps to open up the hip flexors and increase range of motion



### Crescent Low Lunge

Stretches out the hamstrings and improves balance.



### Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.



### Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings



### Downward Facing Dog

Stretches the calves and the hamstrings.



### Bound Angle

Releases tension in the hip flexors



# 3 TIPS

# Take the difficulty out of scalloped potatoes in 6 steps

**MAIJA MOMENTS**  
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.



These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

4. In a bowl, mix 2% milk, coarse salt and dried mustard or paprika, and pour over top of potatoes.

## Ingredients

- 8-10 medium potatoes (Russet or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

5. Cover with tin foil and bake in preheated 350 F oven for 1 - 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

## Health Solutions

### Digging up health



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Which letter in the alphabet should there be more of? Morels!

Sorry.

Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what

to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.

Theresa Albert is a Food Communications Specialist and Private Nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM



# SLICES *for* SMILES!

## TWO WEEKS ONLY, APRIL 22nd - MAY 5th!



# 12"

## MEDIUM CHEESE OR PEPPERONI PIZZA!

# \$7.99

Cheese or Pepperoni pizzas only. Limit 4 per person. Taxes extra. Walk-in only.

Thanks for your support!  
A portion of our Slices for Smiles proceeds will be donated to:



Hot & Fresh  
**PIZZA PIZZA**

# 480-11-11

Over 4 locations to serve you!



# With or without Her: A sister's memoir

## Christa Parravani.

In her attempts to understand her twin sister's downward spiral, the author follows in her footsteps, losing her marriage and nearly her life

ALISON BOWEN

Metro World News in New York City

In the gripping memoir *Her*, Christa Parravani describes what it was like to grow up alongside — then lose to a drug overdose — her identical twin.

And she begins with a startling statistic: After a twin dies, the surviving twin's life is immediately at risk.

In her attempts to understand her sister's downward spiral (which starts by eating one of her pills, found wedged

in a crack on the kitchen floor) she follows in her footsteps, losing her marriage and nearly her life.

She told Metro about using the book as a way to crawl out of that space — to pen the memoir, she incorporated some of her sister's writings, found under her bed in a Tupperware container.

### How did you decide when to use Cara's writings?

When something would get really difficult for me — it felt too emotional or I'd gotten to a place where I felt like I couldn't go on because I was exhausted, I was sad or I just kind of plain missed her — I thought, here's the moment to allow Cara into the book.

In the beginning of writing, she was appearing a lot. As time went on and I got more confident in my abilities as a writer and I got further from the grief, I found I needed to rely on her less and less.



### Did you make a decision to be so unflinchingly honest?

I wrote the book as if no one would ever read it. It was sort of a love letter to my sister. It was a way to tell her that I loved her and not to be forgotten. In order to write a book that tells truths that are necessary, you have to forget about embarrassing yourself.



Christa Parravani used some of her sister's writing she found in a Tupperware container, in her memoir *Her*. HANDOUT

## Alison on money

### Lessons from Boston and Texas



YOUR MONEY  
Alison Griffiths  
money@metronews.ca

The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a

tornado.

Similar, if somewhat less dramatic, events happen daily and range from death, divorce and illness to unemployment and acts of God. What these incidents have in common is that they're rarely predictable and usually have financial repercussions.

In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate

about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

#### 1. Your abode

What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative — consider

what it might be.

#### 2. Your job

Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

#### 3. Your commute

I love walking down the hall to work! You might not be so lucky, but for some commuting is actually a source of down time. If you enjoy a few hours of reading the paper on

the train or listening to music in your car, remind yourself that this is a positive aspect of each day.

#### 4. Life outside work

Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive. Small pleasures are often the sweetest.

#### 5. Spend on what you love

Try to eliminate anything that doesn't reward you. We shell

out huge amounts in mindless haste. Slow down and ask yourself if spending that dollar really enhances your life.

Witnessing tragedies as happened in Boston and Texas is a reminder of our fragility. Examining how we spend and live gives us control over and appreciation of whatever years are available.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



RBC Royal Bank

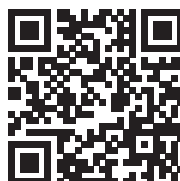
## Smaller Debt. Bigger Smile.

Save over \$700\* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at [rbc.com/smile](http://rbc.com/smile)



Or scan here using your mobile device to learn more.

Advice you can bank on™



\*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



# TODAY'S TECHNOLOGY HAS SOLUTIONS

Traditionally, for people who were diagnosed with unilateral hearing loss, hearing could often be a struggle.

Also known as single-sided deafness, unilateral hearing loss occurs when hearing loss is present in only one ear.

"People who have been diagnosed with this condition spend a great deal of time positioning themselves in their daily interactions so that their good ear is facing the sound/voices that need to be heard," says Dr. Patricia Cameron, an audiologist with Hearing Institute Atlantic.



She says this can result in fatigue, embarrassment over the conversations that are missed, as well as added stress and anxiety.

The good news is that thanks to today's technology, better hearing quality is available for people who have unilateral hearing loss.

Using technology known as CROS/BiCROS, these systems redirect sound to the good ear from the bad ear, allowing the user to receive extra information that would otherwise have been missed.

"Today's CROS/BiCROS systems are very small and discreet, and worn as a behind-the-ear device on both ears," Cameron says.

In the past, these devices were bulky and connected by a wire running across



FUSE/THINKSTOCK

the back of a user's head, which transmitted the sound from one device to the other.

Thanks to the development of wireless technology, this is no longer the case.

As well, with advancements in digital signal processing, the sound quality of these devices is greatly improved.

Cameron is pleased with the results

she is seeing in her patients.

"I often see patients who never pursued help with their unilateral hearing loss because they were told that nothing could be done or the bulky device was too large and uncomfortable," she says.

Unilateral hearing loss can be caused by a virus in the inner ear, physical trauma, acoustic neuroma, Ménière's

disease or meningitis.

Today's innovations in treating unilateral hearing loss are truly remarkable.

"If you have ever been diagnosed with unilateral hearing loss and felt there wasn't anything that could be done to improve your hearing, you should visit your audiologist to explore the new technology that is now available," Cameron says.

## EXTENSIVE R&D DRIVES DEVELOPMENT

Behind every hearing aid, there is an incredible amount of research and development (R&D) that goes into creating the finished product.

"There's millions of dollars of research that go into these tiny hearing aids," says Christina Rogers-Lunn, the owner of Hearing Institute Atlantic.

For hearing aid manufacturer Oticon Canada Ltd., this is especially true. Its latest product release of the Alta took more than 300 human years to develop at cost of more than \$50 million. As part of this, 250 developers worked on the project and the company employed an extensive test user database to get the Alta just right.

"We develop our own chip, which accounts for our perennially large R&D cost every year, which is usually in excess of \$150 million," says Wendy Dixon,

Oticon's business development manager for Atlantic Canada.

This commitment means great things for the consumer.

"This translates into a top quality device thoroughly tested for performance that is comfortable, easy to wear and immediately improves hearing," Dixon says.

Founded in 1904, Oticon is the oldest hearing aid manufacturer in the world and client satisfaction is the guiding light.

"People are our starting point," Dixon says. "At Oticon, innovation is always driven by insight into people's needs and concerns."

Rogers-Lunn agrees. She points out that Dixon — who is a resident of Fall River — often meets with clients to help fit Oticon hearing aids and to chat about the latest in new technology and how best

to achieve better hearing. As well, Dixon helps support the hearing professionals at Hearing Institute Atlantic.

Today's hearing aids are designed to sync with today's technology.

"The manufacturers are designing these hearing devices to work with iPhones, MP3 players, iPods and iPads, as well as be Bluetooth connected," Rogers-Lunn says.

It is because of the efforts of companies like Oticon that this is possible.

"Empowering people to play an active part in life is a goal Oticon shares with hearing-care professionals around the world," Dixon says.

"To accomplish this, we develop technologies with features and benefits that are valuable and relevant to both people and hearing care professionals alike."



Wendy Dixon



# Ready to really improve your hearing?

A Bluetooth wireless system gives you great hearing on all of your devices.



Television



Home Phone



Computer



Conversation



Mobile



MP3 Player

Listening to music, talking on the phone or watching TV is much clearer and crisper.

Bluetooth Packages start as low as \$99.



One simple remote controls all sound to the hearing aids.

## Buy a Bluetooth Package in May and get a FREE iPod Touch.

May is Better Hearing and Speech Month, and our Audiologists are on a mission to provide the very best in hearing with our Bluetooth/iPod offer. Trial a hearing device, stay connected and enjoy significant savings on our best hearing devices all month! Wondering if new technology will improve your hearing? Call to arrange a FREE consultation with our Audiologists and check out the details of our Bluetooth/iPod offer. We've got the best products, service and value, right here in your neighbourhood.

May is better hearing and speech month. FREE demos at all locations. Call today!



**Hearing**  
INSTITUTE ATLANTIC

*Trust the experts who listen.*

[www.HearingInstitute.ca](http://www.HearingInstitute.ca)



South End Halifax | Central Halifax | Clayton Park | Bedford | Lower Sackville | Dartmouth **482-2222**





A fan holds a sign behind the Halifax Mooseheads bench during this year's playoffs. JEFF HARPER/METRO

# Final expectations sky-high for Moose

**QMJHL.** Herd looking to finish job and win first President's Cup

CLARK JANG  
halifax@metronews.ca

Cam Russell isn't surprised his Halifax Mooseheads are playing in the QMJHL final.

Another year older, another year more experienced, the Herd started the season with lofty expectations, all of which have been met to date.

But 58 regular-season wins and 12 straight playoffs victories will mean nothing if the Herd doesn't finish the job and win its upcoming series

against the Baie-Comeau Drakkar, and claim that elusive QMJHL title.

Russell, general manager of the Mooseheads, was blunt about the team's expectations heading into the best-of-seven series.

"When we came into this season we wanted to have the best season we could possibly have, and wanted to be champions at the end of it," he said on Monday.

"We're happy with the way we've played so far, but we're not satisfied. We still haven't got to where we want to be."

Not all the Herd's brass was so forthcoming.

Bobby Smith, majority owner of the Mooseheads,

## By the numbers

3

Number of times the Halifax Mooseheads have advanced to the QMJHL final. The other times were 2005 and 2003.

kept his expectations close to his chest when contacted Monday.

"My expectation is that we go out there and play our best hockey," he said, before passing any further comments off to Russell and head coach Dominique Ducharme.

Russell said what has propelled the Moose to the top of the standings and a franchise-record 120 points has been

their best hockey, a result of the team's depth and experience.

It's been showing itself again in the playoffs.

"You've got a lot of returning players," he said. "They're a year older, they're more experienced and they've been through the fire."

Russell is taking nothing for granted, however. Against Baie-Comeau, a very talented team in its own right, he knows the Mooseheads have to bring their "A" game if they want to be QMJHL champions.

"You've got the top two teams in the league, that's what everyone wants to see," he said. "The Drakkar is a very good hockey team so it's going to be one heck of a series."

## Full sked for Halifax-Drakkar series announced

We knew when Games 1 and 2 were, and now we know the rest.

The Quebec Major Junior Hockey League announced the full best-of-seven series schedule on Monday for the final between the Halifax Mooseheads and Baie-Comeau Drakkar.

### Ticket info

Tickets to the general public for Games 1 and 2 go on sale Tuesday at 10 a.m. through

Ticket Atlantic. There are about 5,000 tickets available for each game.

After Games 1 and 2 this Friday and Saturday at the

Metro Centre, the series switches to Baie-Comeau for

Games 3 and 4 next Tuesday and Wednesday at the Henry Leonard Centre at 8:30 p.m.

If the series continues, Game 5 goes Friday, May 10 in Halifax, Game 6 on Sunday, May 12 in Baie-Comeau and then Game 7 back at the Metro Centre on Monday, May 13. **METRO**

## NHL draft

### Avalanche win lottery for first overall pick

Finishing last in the Western Conference standings and out of the NHL playoffs paid huge dividends for the Colorado Avalanche on Monday.

Colorado won the NHL draft lottery and the right to make the first pick in this year's entry draft. The Avalanche had an 18.8 per cent chance of winning the lottery after finishing the regular season with a dismal 16-25-7 record.

The Florida Panthers, who finished last overall with a 15-27-6 mark, had the best odds of winning at 25 per cent. But they will have to settle for the No. 2 pick when the draft is held June 30 at the Prudential Center in Newark, N.J.

The Avs will have first shot at Portland Winterhawks defenceman Seth Jones, the No. 1-ranked North American skater according to the NHL Central Scouting Bureau.

"There's a lot to like (about Jones)," said Rick Pracey, Colorado's amateur scouting director. "His size and skating are two things that jump off the page and are attention-grabbers."

But Pracey said Halifax Mooseheads forwards Nathan MacKinnon and Jonathan Drouin are both very much in the picture to be selected first overall in what is very deep talent pool.

"This is not a slam-dunk decision by any means," he said.

"It may sound like a cliché or we're dancing but that isn't the case. We firmly believe in building our list the right way and we'll make our decisions based on our core scouting beliefs that we think have served us well in the past." **THE CANADIAN PRESS**



NHL deputy commissioner Bill Daly announces the Colorado Avalanche as winners of the draft lottery on Monday night in Toronto. **THE CANADIAN PRESS**



# The beasts of the East

After a truncated 48-game regular season, the National Hockey League playoffs are about to begin. Here are five Eastern Conference players to watch in the post-season:

THE CANADIAN PRESS

Photos by Getty Images

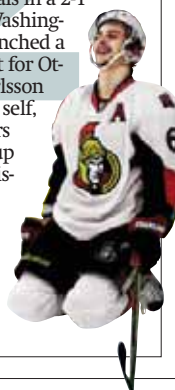


## Evgeni Malkin

Pittsburgh finished first in the East despite injuries to several top players, including Malkin. Sidney Crosby and James Neal. Malkin, who nursed an upper-body injury late in the season, is usually a playoff point machine. He had a whopping 36 points in 24 games during Pittsburgh's run to the Stanley Cup in 2009.

## Erik Karlsson

Ottawa's star blue-liner missed 31 games with an Achilles tendon injury but had an immediate impact upon his return. He assisted on both goals in a 2-1 win over Washington that clinched a playoff spot for Ottawa. If Karlsson is his usual self, the Senators may keep up their surprising ways.



## James Reimer

The young goalie is a big reason the Maple Leafs broke their playoff drought. He handled the starting job with aplomb this season, despite rumours that Toronto was seeking an upgrade. Reimer's steady play gave the Leafs a much-needed confidence boost and has Toronto primed for some long-awaited playoff hockey.

## Alex Ovechkin

After a sluggish start to the season, Ovechkin carried the Capitals to the Southeast Division title. The Capitals have fewer points than some teams below them in the standings but get the No. 3 seed as a division winner. If he continues his scoring pace, Washington could be tough.



## P.K. Subban

The young defenceman has helped turn Montreal into contenders again. Subban is averaging nearly a point a game and logs plenty of ice time. He's also not afraid to throw his weight around. Subban is known for the energy and excitement he brings to the Canadiens.

### What's up, doc?

## Crosby says he won't play until given green light

Penguins star Sidney Crosby practised Monday but his status remains uncertain for Wednesday's playoff opener against the New York Islanders.

Crosby hasn't played since breaking his jaw a month ago, missing Pittsburgh's final 12 games of the regular season. He underwent dental procedures and was cleared to return to non-contact drills last week. Crosby says he'll see doctors again Tuesday and will not play until he is given clearance.

The Penguins thrived in his absence, going 8-4 without their captain while locking up the top seed in the Eastern Conference.

Crosby still finished tied for third in the NHL in scoring despite missing a quarter of the season. He had 15 goals and 41 assists in 36 games.

THE ASSOCIATED PRESS

# Drama surrounds Leafs a with playoff action looming

Tyler Bozak hardly practised, Phil Kessel didn't speak and Nazem Kadri crashed the net, literally.

The playoffs haven't started yet, but already there is no shortage of storylines surrounding the Maple Leafs.

Toronto (26-17-5) makes its long-awaited return to the post-season on Wednesday in Boston with coach Randy Carlyle declaring the fifth-seeded Leafs the underdog against the fourth-seeded Bruins.

General manager Dave Nonis, who called the Bruins well-managed, well-coached and incredibly deep, agreed that Boston (28-14-6) enters the series as a favourite.

"I don't think that that means anything," he added. "You can term a team the underdog but you have to play the games."

While both men talked up Boston's qualities, they also like their chances.

Carlyle was more concerned about his team than the Bruins, saying the Leafs have to get back to playing their style of hockey — skating, forechecking, getting out of the defensive zone and relying on their special teams.

Do that and the Leafs are



Tyler Bozak leads a group of Leafs skaters at practice on Monday. Bozak left practice after about 10 minutes with an undisclosed injury. Toronto travels to Boston for Game 1 of their first-round series Wednesday night.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

hard to beat.

"We feel we can go into any building and have a chance for success," said Carlyle. "And I don't know if you could say that before."

Added goalie James Reimer: "We know that if we do everything right, then we have a good chance against them."

Not all the pieces may be in place, however.

On the ice, Bozak was the first to the dressing room at the

Leafs' training centre Monday.

The centre has missed the last two games with an upper body injury. Bozak skated alone before his teammates came out and gingerly tried some shots. He left some 10 minutes into the team practice.

Carlyle called him day-to-day. Nonis hoped for the best.

"It's our expectation that he's going to be ready for Wednesday," said the GM.

There were some anxious

moments when Kadri, who has taken Bozak's place on the top line, went flying into the goal on a drill. Kadri grimaced as he got up. He continued although he paused to have a trainer slap a bandage near his hip.

Kessel kept some three dozen reporters waiting for 20-plus minutes after practice before one of the team's public relations officials said the winger had declined to speak.

THE CANADIAN PRESS

## Senators-Canadiens. New rivalry on the rise?

A tough battle awaits Montreal against the Ottawa Senators in the NHL playoffs, but the Canadiens will gladly take it after what happened last year.

The Canadiens were dead last in the Eastern Conference a year ago and by late April were well into their off-season routines. Now they face a best-of-seven first-round series against their closest geographical rival.

"It's tough when you finish in 15th place," defenceman P.K. Subban said Monday. "Some guys are going home right now and some are going to the world championship."

"Some are going to start training in another week and a half. We're still playing hockey. We're privileged to do that."

The Senators are also looking forward to a first meeting with Montreal.

"They have a pretty good team over there," said goalie Craig Anderson. "They have come a long way all year and they found a way to win the division, especially after having a sub par year last year, so they are definitely feeling good about themselves."

The Canadiens ended up second in the conference when the Senators knocked off the Bruins 4-2 in Boston on Sunday night in a game postponed by the Boston Marathon bombing two weeks ago.

### Quoted



"Erik's a great player and I'm sure he'd say the same thing

— this series isn't going to be decided by two players."

Canadiens defenceman P.K. Subban on Senators blue-liner Erik Karlsson.

The series gets underway at Bell Centre on Thursday night.

It isn't likely to be the most physical series, but should be a close one between two skilled clubs who each went 2-1-1 against the other this season.

However, the Senators were missing four key elements for much of the season in Anderson and defencemen Erik Karlsson and Jared Cowen — who all recently returned to the lineup — and still-sidelined centre Jason Spezza.

Karlsson emerged as a star last season when he won the Norris Trophy and his return from an ugly skate cut is a huge boost to Ottawa's attack, especially on the power play.

In his absence, Subban has become a Norris candidate with 11 goals and 38 points in 41 games. THE CANADIAN PRESS



# The wild West's big guns

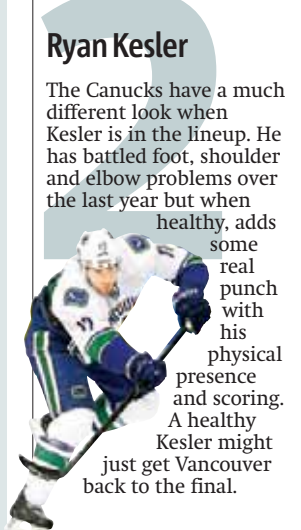
From former Stanley Cup champions to stars looking to push their teams over the hump, here are five Western Conference players to watch in the post-season:

THE CANADIAN PRESS  
Photos by Getty Images



## Jonathan Toews

The anchor of the Blackhawks showed again this season why he is one of the NHL's elite. The captain is a natural leader who guided the Chicago to the top of the overall standings. Toews maintained his usual point-a-game pace this year and helped Chicago become a favourite to win the Stanley Cup.



## Ryan Kesler

The Canucks have a much different look when Kesler is in the lineup. He has battled foot, shoulder and elbow problems over the last year but when healthy, adds some real punch with his physical presence and scoring. A healthy Kesler might just get Vancouver back to the final.



## Ryan Getzlaf

The Anaheim forward didn't coast after signing a lucrative long-term contract extension mid-season. Getzlaf averaged over a point a game and helped the Ducks to the Pacific Division title. He also knows what it takes to win. Getzlaf led the Ducks to a Stanley Cup in 2007 and added Olympic gold for Canada three years later.

## Chris Stewart

St. Louis doesn't have a lot of household names on the roster — just a lot of solid players who get the job done. Stewart has stepped up to become one of the leaders on a team that is no pushover. He has come into his own with the Blues and led the team in scoring.



## Jonathan Quick

The young goalie stole the show last year and guided the Kings all the way to a Stanley Cup. His numbers are down a bit this season but he's quite comfortable in the post-season spotlight. Quick posted three shutouts and had a sparkling 1.41 goals-against average in last year's playoffs.

## NBA

### Lopez helps Nets force Game 6

Brook Lopez had 28 points and 10 rebounds, Deron Williams added 23 points and 10 assists, and the Brooklyn Nets beat Chicago 110-91 on Monday night, cutting the Bulls' lead to 3-2 in their first-round playoff series.

Andray Blatche scored 10 of his 13 points in the fourth quarter and Gerald Wallace had consecutive baskets down the stretch as the Nets finally pulled away in a game they led most of the way, but never by too much.

Two days after rallying for a 142-134 triple-overtime victory, the Bulls were outscored 15-1 down the stretch and failed to set up a second-round series with Miami. Instead they will host Game 6 on Thursday.

Nate Robinson had 20 points and eight assists starting in place of point guard Kirk Hinrich, who bruised his left calf in Saturday's game.

THE ASSOCIATED PRESS

# Tebow Time comes to an end in New York

Tebow Time is off the clock.

Tim Tebow was waived by the Jets on Monday, the end of an unsuccessful one-season experiment in New York that had been expected for months.

"Unfortunately, things did not work out the way we all had hoped," coach Rex Ryan said in a statement by the team in announcing the move.

The Heisman Trophy winner attempted just eight passes after his ballyhooed arrival in a surprising trade from the Denver Broncos in March 2012. He threw for 39 yards and rushed 32 times for 102 yards — and stunningly had no touchdowns as a member of the Jets.

Meanwhile, starter Mark Sanchez struggled amid constant questions about Tebow's playing time, and still Tebow remained mostly on the sideline. The Jets and new general manager John Idzik drafted former West Virginia star Geno Smith in the second round of the NFL draft Friday, giving New York six quarterbacks on its roster — and creating uncertainty about



Quarterback Tim Tebow was waived by the New York Jets on Monday. GETTY IMAGES

Sanchez's future as well.

Tebow arrived at the team's facility in Florham Park, N.J., on Monday morning and was told he had been cut.

"Tim is an extremely hard worker, evident by the shape he came back in this off-season," Ryan said. "We wish him the best moving forward."

Tebow took to Twitter a few hours later, citing a Bible verse: "Proverbs 3:5-6: Trust in the Lord with all your heart and do not lean on your own understanding," Tebow wrote, "in all your ways acknowledge

## What about the CFL?

The Montreal Alouettes would welcome Tim Tebow to the CFL — provided he's willing to compete for a job as a backup quarterback.

- "If Tim Tebow wants to come to Canada we'd definitely welcome him. That's why we have him on our neg list and we'd take a look at him and see if he can play in Canada, but it would obviously be competing for a backup job," Alouettes general manager Jim Popp said.

Him, and He will make your paths straight."

While everyone from Johnson to Ryan to former general manager Mike Tannenbaum to former offensive co-ordinator Tony Sparano said they were all "on board" with Tebow, it became evident early that he had no clear role, and Tebow simply didn't impress enough in practice to earn more playing time. THE ASSOCIATED PRESS

## NBA PLAYOFFS

### CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

#### EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami wins series 4-0)

Sunday's result

Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)

(New York Leads 3-1)

Wednesday's game

Boston at New York, TBA

INDIANA (3) VS ATLANTA (6)

(Series tied 2-2)

Monday's result

Atlanta 102 Indiana 91

BROOKLYN (4) VS CHICAGO (5)

(Chicago leads series 3-2)

Monday's result

Brooklyn 110 Chicago 91

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads series 3-0)

Monday's result

Oklahoma City at Houston

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio wins series 4-0)

Sunday's result

San Antonio 103 L.A. Lakers 82

DENVER (3) VS GOLDEN STATE (6)

(Golden State leads series 3-1)

Sunday's result

Golden State 115, Denver 101

L.A. CLIPPERS (4) VS MEMPHIS (5)

(Tie 2-2)

Tuesday's game

Memphis at L.A. Clippers, 10:30 p.m.

## NHL

### STANLEY CUP PLAYOFFS

#### CONFERENCE QUARTER-FINALS

(Best-of-7)

#### EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)

Wednesday's game

NY Islanders at Pittsburgh, 7:30 p.m.

Friday's game

NY Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

Thursday's game

Ottawa at Montreal, 7 p.m.

Friday's game

Ottawa at Montreal, 7 p.m.

WASHINGTON (3) VS. N.Y. RANGERS (6)

Thursday's game

NY Rangers at Washington, 7:30 p.m.

Saturday's game

NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)

Wednesday's game

Toronto at Boston, 7 p.m.

Saturday's game

Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

Tuesday's game

Minnesota at Chicago, 8 p.m.

Friday's game

Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

Tuesday's game

Detroit at Anaheim, 10:30 p.m.

Thursday's game

Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

Wednesday's game

San Jose at Vancouver, 10:30 p.m.

Friday's game

San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

Tuesday's game

Los Angeles at St. Louis, 8 p.m.

Thursday's game

Los Angeles at St. Louis, 9:30 p.m.

x — played only if necessary.

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

|           | W  | L  | Pct  | GB |
|-----------|----|----|------|----|
| Boston    | 18 | 7  | .720 | —  |
| Baltimore | 15 | 10 | .600 | 3  |
| New York  | 15 | 10 | .600 | 3  |
| Tampa Bay | 12 | 13 | .480 | 6  |
| Toronto   | 9  | 17 | .346 | 9½ |

#### CENTRAL DIVISION

|             | W  | L  | Pct  | GB |
|-------------|----|----|------|----|
| Kansas City | 13 | 9  | .591 | —  |
| Detroit     | 14 | 10 | .583 | —  |
| Minnesota   | 11 | 11 | .500 | 2  |
| Chicago     | 10 | 14 | .417 | 4  |
| Cleveland   | 9  | 13 | .409 | 4  |

#### WEST DIVISION

|             | W  | L  | Pct  | GB |
|-------------|----|----|------|----|
| Texas       | 16 | 9  | .640 | —  |
| Oakland     | 14 | 12 | .538 | 2½ |
| Seattle     | 11 | 16 | .407 | 6  |
| Los Angeles | 9  | 15 | .375 | 6½ |
| Houston     | 8  | 18 | .308 | 8½ |

#### Monday's results

Houston 9 N.Y. Yankees 1  
Detroit 4 Minnesota 3  
Cleveland at Kansas City  
L.A. Angels at Oakland  
Baltimore at Seattle  
Tuesday's games  
All times Eastern  
Houston (Humber 0-5) at N.Y. Yankees (Kuroda 3-1), 7:05 p.m.  
Minnesota (Worley 0-3) at Detroit (Verlander 2-2), 8:10 p.m.  
Boston (Lester 4-0) at Toronto (Morrow 0-2), 7:07 p.m.  
Philadelphia (Halladay 2-2) at Cleveland (McAllister 1-3), 7:10 p.m.  
Chicago White Sox (Quintana 2-0) at Texas (Darvish 4-1), 8:05 p.m.  
Tampa Bay (Cobb 3-1) at Kansas City (Shields 1-2), 8:10 p.m.  
L.A. Angels (Richards 1-1) at Oakland (Parker 0-4), 10:05 p.m.  
Baltimore (Hammel 3-1) at Seattle (Maurer 2-3), 10:10 p.m.

### NATIONAL LEAGUE

#### Monday's results

Atlanta 3 Washington 2  
N.Y. Mets at Miami  
San Diego at Chicago Cubs  
Pittsburgh at Milwaukee  
Cincinnati at St. Louis  
San Francisco at Arizona  
Colorado at L.A. Dodgers



## Horoscopes

### Aries

March 21 - April 20

Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

### Taurus

April 21 - May 21

Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

### Gemini

May 22 - June 21

You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

### Cancer

June 22 - July 23

Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

### Leo

July 24 - Aug. 23

Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

### Virgo

Aug. 24 - Sept. 23

Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

### Libra

Sept. 24 - Oct. 23

Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

### Scorpio

Oct. 24 - Nov. 22

You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

### Sagittarius

Nov. 23 - Dec. 21

Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

### Capricorn

Dec. 22 - Jan. 20

Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

### Aquarius

Jan. 21 - Feb. 19

You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

### Pisces

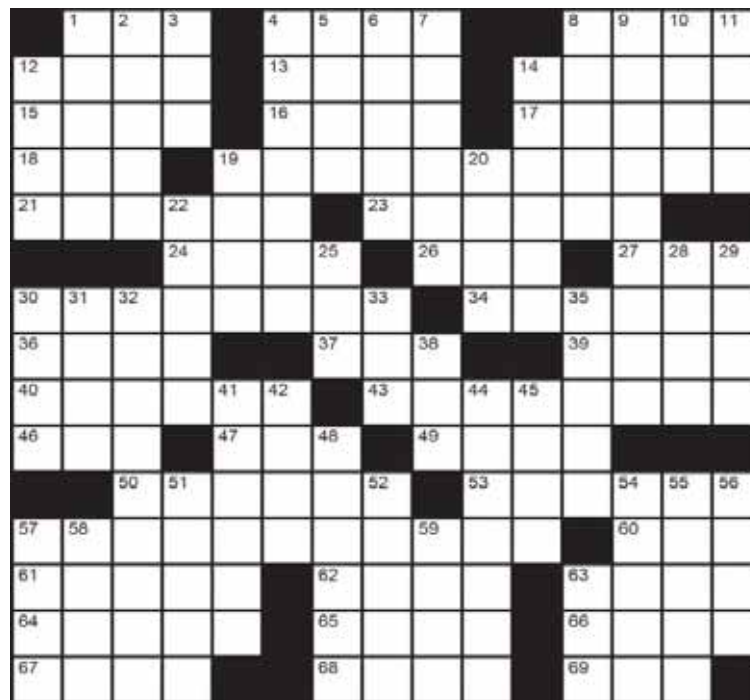
Feb. 20 - March 20

Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. **SALLY ROMPTON**

## Crossword: Canada Across and Down

### Across

1. Crash Test Dummies song, when repeated
4. "Phooey!" [pl.]
8. House: Spanish
12. Frolic
13. Parkway, for one
14. Type of mil. mission
15. Once, poetically
16. Actor, \_\_\_ Patrick Harris
17. Brit singer Mr. John
18. Univ. web address word, sometimes
19. Midnight, April 30th: 2 wds.
21. Bow
23. "Whose Line Is It Anyway?" specialty
24. Medium, on a label
26. Toronto Raptors org.
27. Medit. locale
30. Canadian History: Farmer of New France
34. Rustling sound-ing
36. Old Testament book after Genesis, for short
37. Figure skater Ms. Babilonia
39. Ancient portico
40. Sources of strength
43. Sherlock Holmes sidekick: 2 wds.
46. Mode's intro: 2 wds.
47. 'Human' suffix
49. New Zealand fruit
50. Canadian ice dancing champs, Tessa \_\_\_ & Scott Moir
53. Tortilla treats
57. "The Kids in the Hall" character: 2 wds.
60. Li'l baseball official
61. WWII Riveter
62. Prefix with 'globin'
63. Prefix to 'dextrous'
64. Vows-exchanging spot
65. From square one
66. Filth
67. "\_\_\_ Girls" (2004)
68. Mr. von Sydow's
69. 'Conc' completer (Acknowledgement defeat).



See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

11. Ms. Hathaway
12. Scornful look
14. Sketch again
19. "Hop \_\_\_!" (Move!)
20. Some police alerts, for short
22. Where the hit song (usually) wasn't, \_\_\_
25. 'Differ' suffix
28. "Vamoose!"
29. Meg of movies
30. "\_\_\_ Rebel" by The Crystals
31. Botanical leaf-to-stem angle
32. Cape \_\_\_, Nfld.
33. Smidgen
35. 'Real' suffix
38. Bother
41. Employee
42. Locale
44. Microsoft operating system
45. Out
48. Lena of HBO's "Girls"
51. 'Beaut' suffix
52. Nina Dobrev's "The Vampire Diaries" dual role, \_\_\_/Katherine
54. Sauna-like weather
55. Darker-to-lighter highlights
56. BBQ rod
57. Study hard
58. Courtney Love band
59. Charge card, commonly
63. 'Block' suffix

### Yesterday's Crossword



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 5 | 6 | 2 | 1 | 3 | 9 | 4 |
| 6 | 9 | 3 | 8 | 5 | 4 | 7 | 2 | 1 |
| 4 | 2 | 1 | 9 | 7 | 3 | 6 | 8 | 5 |
| 8 | 1 | 6 | 4 | 3 | 9 | 2 | 5 | 7 |
| 2 | 3 | 7 | 1 | 8 | 5 | 4 | 6 | 9 |
| 9 | 5 | 4 | 7 | 6 | 2 | 1 | 3 | 8 |
| 1 | 4 | 2 | 3 | 9 | 8 | 5 | 7 | 6 |
| 5 | 7 | 8 | 2 | 1 | 6 | 9 | 4 | 3 |
| 3 | 6 | 9 | 5 | 4 | 7 | 8 | 1 | 2 |

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 8 | 5 |   | 7 |   |   | 1 | 3 |
| 3 | 6 |   | 1 |   | 4 | 2 |   |
|   |   | 7 |   | 5 |   |   | 8 |
| 5 |   |   |   |   |   | 6 | 2 |
| 6 |   |   | 2 |   | 1 |   | 9 |
|   | 9 | 1 |   |   |   |   | 5 |
| 7 |   |   | 5 |   |   | 1 |   |
|   |   | 8 | 4 |   | 2 |   | 7 |
| 9 | 2 |   |   | 7 |   | 8 | 4 |

**Today**

15°/5°  
Variable

**Wednesday**

16°/3°  
Partly cloudy

Your #1 weather forecast now available in HD.  
Check your local listings for details.

©The Weather Network 2013



# How do I become a Dentist ?

Explore what you want to be and how to get there.  
Visit [CareerBear.com](http://CareerBear.com) to learn more

## NEED MONEY?

- ✓ No credit checks
- ✓ Fast approvals

call 1 866 **499-5629**

And get cash now!!  
[www.mynextpay.ca](http://www.mynextpay.ca)

**HARBOUR VISTA**  
APARTMENTS

One and Two Bedroom Apartments from \$900/Month.  
Includes infloor heating, h/w, balcony, 6 appliances.

Occupancy NOW to September 1st. ONE MONTH FREE RENT

5 corners near downtown.  
Model suite. Harbourvista Apts.

**222 Portland St**  
**809-2221**

[www.harbourvista.ca](http://www.harbourvista.ca)

**NEW BUILDING**



**7 YEAR  
WARRANTY**  
120,000 KM  
COMPREHENSIVE LIMITED WARRANTY\*

BUY **ANY** ELANTRA IN APRIL AND RECEIVE A **GAS CARD FOR \$.99/L**  
**PLUS YOU PICK - A \$.99 7 YEAR WARRANTY**  
**OR \$.99 WINTER TIRE PKG**



**ELANTRA**

OWN IT FOR ONLY **\$86<sup>\*</sup> BW** **\$0<sup>\*</sup> DOWN**



2012 CANADIAN AND  
NORTH AMERICAN  
CAR OF THE YEAR



99 CENT  
WINTER  
TIRE PKG.



**OR**

99 CENT  
7 YEAR  
WARRANTY

**99 CENT**  
*Sale*

**LAST DAY**

**ELANTRA GT**



99 CENT  
WINTER  
TIRE PKG.



**OR**

99 CENT  
7 YEAR  
WARRANTY

OWN IT FOR ONLY **\$104<sup>\*</sup> BW** **\$0<sup>\*</sup> DOWN**



2012 BEST NEW  
SMALL CAR  
(OVER \$21K)



**ELANTRA**

*Coupe*



OWN IT FOR ONLY **\$110<sup>\*</sup> BW** **\$0<sup>\*</sup> DOWN**



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

DARTMOUTH  
HYUNDAI

60 BAKER DRIVE, UNIT - D  
465-7500  
oreganshyundaidartmouth.com

\*See dealer for details. Taxes and fees are extra. Gas Card, Warranty or Winter Tire Pkg available with O'Regan's Financing until April 30th, 2013.